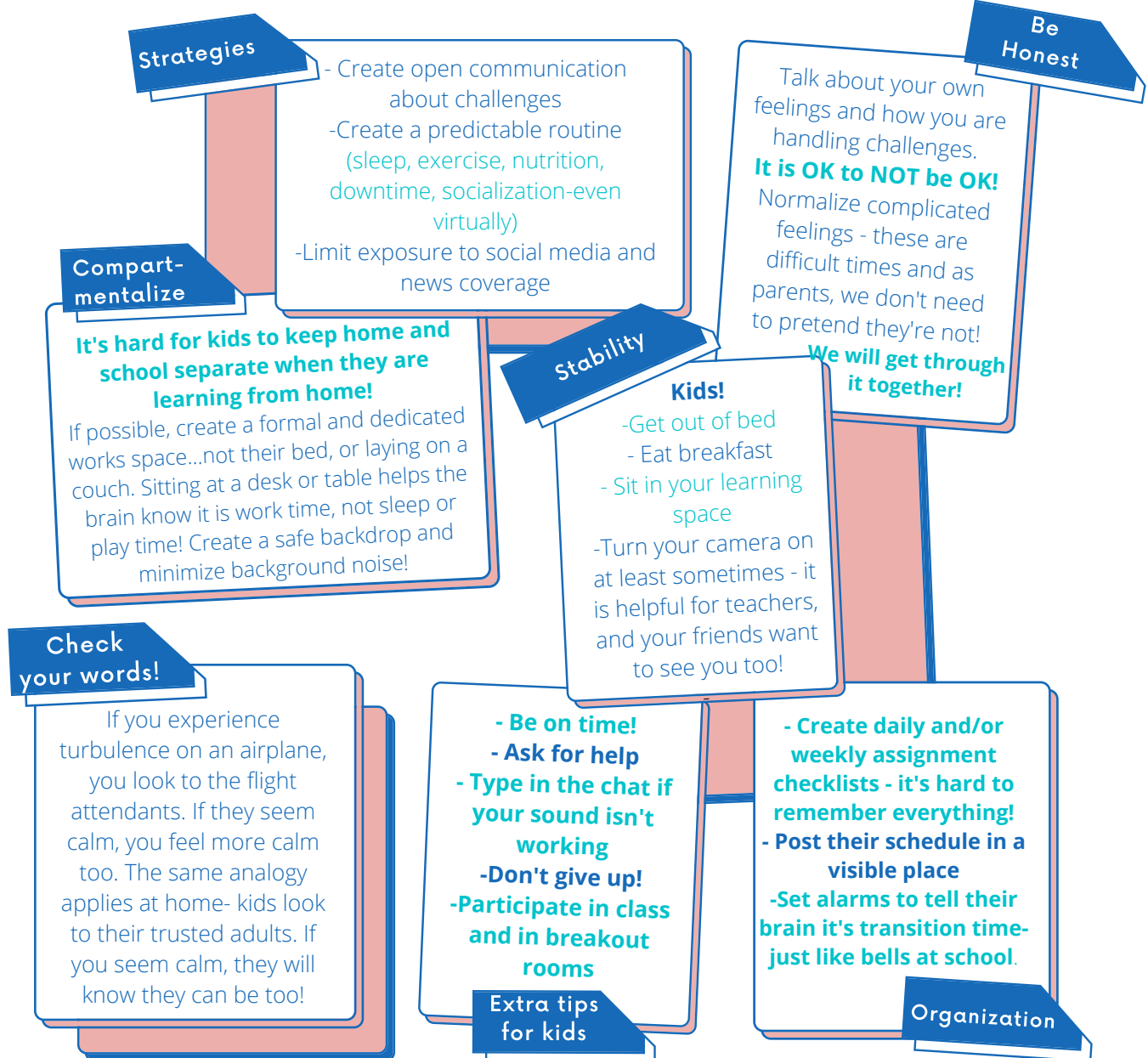


SUPPORT FOR KIDS THROUGH A PANDEMIC AND VIRTUAL SCHOOL

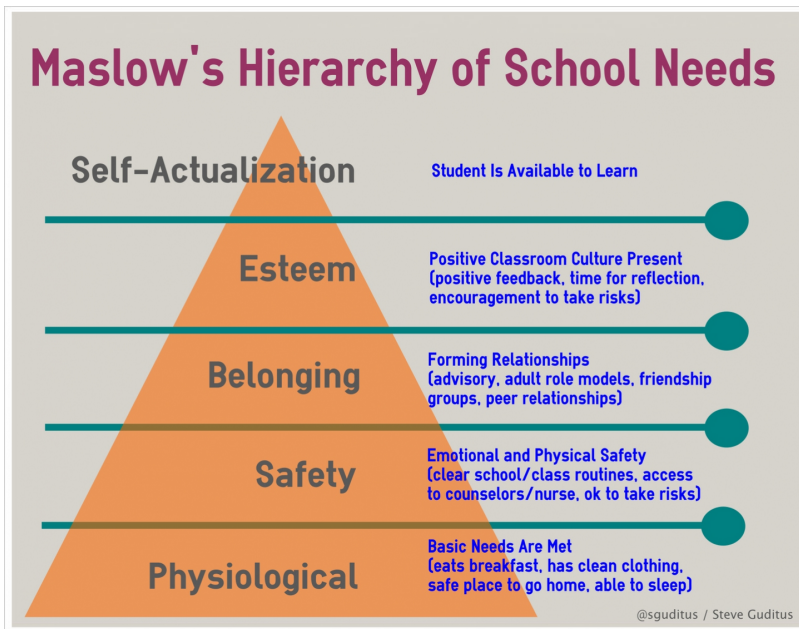
HAVE GRACE FOR YOURSELVES AND YOUR STUDENTS!

"We are experiencing a collective trauma. Similar to other traumas, we see a range of responses. People are experiencing depression, anxiety, fatigue, frustration, denial, numbness, and grief. Have compassion for yourself and for those who may respond differently."



Think about your Circles of Control - What you CAN control, and what you CANNOT.

Talk to your child if you notice a substantial difference in behavior
(irritability, aggressiveness, withdrawal, sleeping or eating disturbances, increase in conflicts, physical complaints, poor concentration)



Please let us know if we can help you secure resources for any of the needs noted above.

If you have concerns about your student's mental health or social-emotional needs, please contact:

- Richelle Rottmann, Luther School Counselor
rottmannr@fortschools.org or 920-563-7828 ext. 6176
- Your family's pediatrician
- Jefferson County Human Services

